(54) Title: SLEEP MANAGEMENT DEVICE
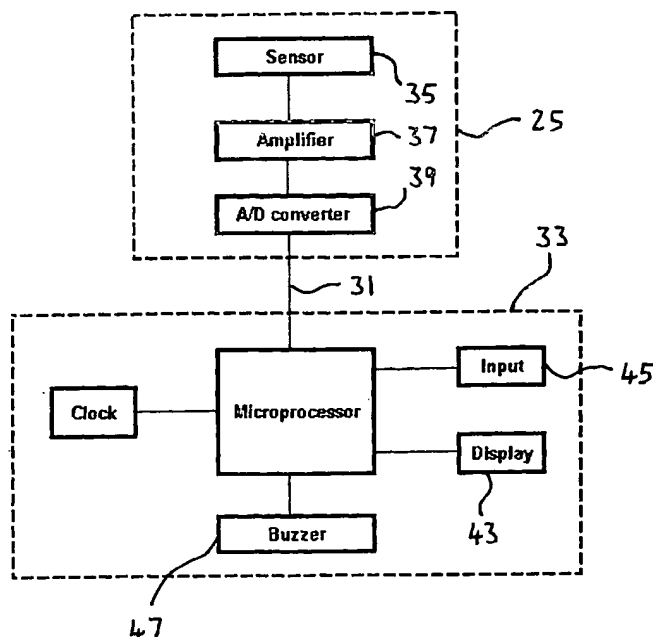
(57) Abstract: A short sleep/nap management apparatus and method are disclosed. The apparatus has sensor means (35) to detect one or more physiological parameters associated with a transition in sleep stages (13-19) from wakefulness (13), processing means (37, 39, 33) to process the parameters to determine when the transition is reached and start the timer to run for a predetermined period, and alarm means (47) to actuate at the end of said predetermined period to awaken the user.